

## Cooking with Dry Spaghetti



Spaghetti is low in fat but high in carbohydrate, a nutrient that our bodies need for energy. Pasta is also a source of many B vitamins.

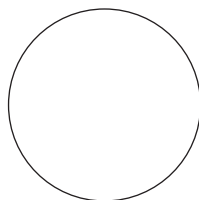
### Uses

You can use spaghetti as part of a main meal or as a tasty side dish. When cooked, 1 pound of dry pasta makes about 9 cups. A serving size is  $\frac{1}{2}$  cup.

### How to measure it

A 1-inch diameter portion of dry spaghetti (shown to the right) will make about 2 cups of cooked spaghetti (4 servings of  $\frac{1}{2}$  cup each).

If you cook more spaghetti than you need, you can store the leftovers in the refrigerator.



### How to cook it

To cook spaghetti, bring a large pot of water to a boil (if you are cooking 1 pound of dry spaghetti, you will need at least 8 cups of water).

Add the dry spaghetti and stir. Bring the water back to a boil and cook for the amount of time listed on the package. Spaghetti is done when it is firm but cooked throughout.

Be careful not to overcook it, because it will become very soft.

### How to store it

Store dry spaghetti in a cool place. For best taste, use it within 1 year.

Leftover cooked pasta should be stored in the refrigerator in a covered container and used within 3 days.

To keep cooked pasta from sticking when it is refrigerated, add a small amount of vegetable oil to the cooked pasta.

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## Souped Up Spaghetti (makes 5 servings)

### What you need

- 1 pound ground beef or turkey
- 1 small onion, chopped (if you like)
- 1 or 2 cloves of garlic, chopped (if you like)
- 1 10.75-ounce can of cream of mushroom soup
- 1 10.75-ounce can of tomato soup
- 4 cups cooked, hot spaghetti
- 1 teaspoon dried oregano (if you like)
- 1 teaspoon dried basil (if you like)

### How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a large skillet, brown the ground beef or turkey; drain the excess fat.
3. Add the chopped onion, garlic and soups to the ground beef. If the sauce is a too thick, add a small amount of water.
4. Bring the sauce to a boil, reduce the heat and simmer the sauce for about 10 minutes, adding extra water as needed. Add the basil and oregano and simmer for another 10 minutes.
5. Serve the sauce over hot, cooked spaghetti.

**Tip:** To save money, buy the store brands of canned soup. Once you mix the soup with other ingredients, your family won't taste the difference.

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Revision

